

T
H
E

T
I
V
E
R
T
O
N

B
A
R
K
E
R

Janet Holmes
Director

Rosalie Burton
Assistant Director

Patty Lavoie
Office Assistant

Ray Benoit
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Michele Blanchette
Dining Assistant

WELCOME BACK
to Wednesdays at
12:30pm Starr &
CHORUS!!! We've
missed the
music!!!



The Tiverton Senior Center

207 Canonicus Street
Tiverton, RI 02878
Telephone: 401-625-6790
Fax: 401-625-6793
Email: seniorcenter@tiverton.ri.gov

SEPTEMBER 2021



The CENTER WILL be CLOSED on MONDAY, September 6th in celebration of LABOR Day

CRAFT SALE-September 18th

Join Us for our Autumn Craft Sale on Saturday, September 18th, from 9a.m. to 2 p.m. Hundreds of hand-made items will be on display and for sale.

Proceeds will go to Star Kids Scholarship Program



MEET the Chief Returns

THURSDAY, Sept. 2nd

10:00 am

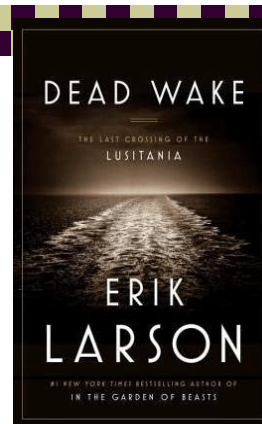


What Is It? What Should We Call It?

If you've been curious about our Tree Sculpture at our front entrance, come to the final unveiling on **Saturday, September 18th** and meet the artist: **Shawndavid Berry**, Art Coordinator at DEBLOIS GALLERY, from Newport.

PLEASE HELP US NAME OUR TREE!! We will be having a naming contest & we'd like your input (BE NICE!) We will have a small committee, including the artist, to pick from your entries. And, there will be a prize!

TIVERTON LIBRARY SERVICES presents "Words for Wisdom" a Book Club hosted by Tiverton Library's Maureen Iwanski. This month's book is: ***Dead Wake* by Erik Larson**. We will meet on **Tuesday, September 21st at 10:15 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. We meet on the **3rd Tuesday of the month. Books are available in office. All are Welcome!**



ACTIVITIES AT A GLANCE

Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3

Quilting for Charity meets every **Monday at 10:15 a.m.**

Pitch League- Hi, Lo, Jack meets **Mondays at 12:30 p.m.-NEW GROUP!!!**

Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.

Drums with Jessica-Tuesdays & Fridays at 1:30 p.m. Class fee is \$3 per class.

Tiverton Library Services sponsored Book Club Tuesday, Sept. 21st at 10:15 a.m.

Mahjongg— Tuesdays and Fridays, beginning 11:30 a.m.

Cribbage and CHORUS— 12:30 on Wednesday

Balance Class with Jess-Thursdays at 8:45 a.m. Class fee is \$3 for members

Center Meetings will be held on **Thursday September 23rd at 10 a.m.**

Nurse Terry— blood pressure readings on Third **Thursday September 16th, 10:30-11:30**

Birthdays for the month are celebrated on the **third Thursday: Sept 16th**

BINGO-Now on Thursdays!!! 1:00 PM Sharp!

URI Presentations Thursday, September 9th at 10 a.m.

Knitters for Charity-Thursdays at 1:00 p.m.

Zumba with Jessica—Fridays at 9 a.m. Fee is \$3.00 per class



Members pay \$3 for classes. Non-members pay \$6 for classes. Become a member for \$5 a year and save money!!



**Drums Alive! now on
Tuesdays & Fridays
at 1:30 p.m.**

SHIP~ SENIOR HEALTH INSURANCE PROGRAM

SHIP counselor will meet with folks weekly **by appointment** to assist with health insurance/Medicare needs. Call 401-683-4106 (Portsmouth Senior Center) or e-mail: pmpsc@outlook.com to schedule your appointment.

CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group returns on **Mondays, September 13th and 27th** from 2:30 to 3:45p.m.; Nurse Care Manager: Janet Grapentine from Child & Family Services facilitates this group. For further details, Janet can be reached at 401-848-4119 x 4009 or via e-mail at: jgrapentine@childandfamilyri.org

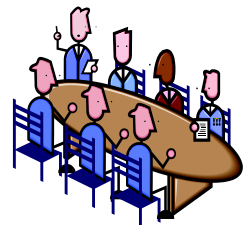
BINGO 1:00 P.M. Thursdays!

**September 2
September 9
September 16
September 23
September 30**

CENTER MEETING for the month of **September** will be on **Thursday, September 23rd at 10:00 a.m.**

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing. we meet on the 4th Thursday. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting .and lend your support and ideas.



RIPTA Restrictions have been lifted and there is no longer a limit to folks riding the bus. Ray continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.

URI Pharmacy Outreach Program returns on Thursday, September 9th at 10:00 a.m. with: “Strengthening Your Immune System”. Learn about how immune system works and its importance in maintaining good health. Will discuss the role of many commonly known OTC products that have shown a role in boosting immune system health. Product selection can be confusing so learn how to make informed choices.



Your Life. Your Legacy Join Shannon McArthur from Waring-Sullivan Funeral Home on **Thursday, September 30th at 10:00 a.m.** for an informative presentation about Funeral Planning. Why not start planning today? It takes just four simple steps. *Reflect.* How do you want to be remembered? *Record.* Document your wishes. *Support.* Select the funding option that works best for you. *Share.* Let your loved ones know where your documents are located. Planning now will provide peace of mind-for you & loved ones.

On **Monday, September 20th**, beginning at 10:30 a.m., the Center will be hosting **Dragon Flowers Mahjongg Tournament.** Your \$25 fee includes 12 games of Mahjongg (4 games each round); Boxed Subway lunch; 50/50 Raffle; Gift Basket Raffle; Prizes will be: 1st-\$150; 2nd-\$100 and 3rd-\$50; there is a limit of 32 players with priority to Brookdale players. Checks can be sent to Pat Medeiros @ 593 East Road, Tiverton. For more information call Pat Medeiros at 401-624-3070; Glenda Sakala at 401-625-1260 or Ann Marie Couture at 508-642-4501. Mahjongg is now being played on Tuesdays as well as Friday afternoons, beginning at 11:30. **If you'd like to learn how to play Mahjongg, please sign up in the office for Tuesday morning lessons. (9 am– 11 am)**

SEPTEMBER Birthdays!

Frank Marshall	2nd	Ronald Halbardier	11th	Amy Fragoza	24th
Joan Blomstedt	2nd	Michele Blanchette	11th	Rita St. Laurent	25th
Jamie French	2nd	Alfred Mello	11th	Doreen Ridder	26th-
Deborah Parent	2nd	Diana Rivera	11th	Norma Gossic	27th
Peter Camara	3rd	Shirley Karon	12th	Salvator Favazza	28th
James Melvin	4th	Ray Brouder	12th	Deborah Stinton	29th
Ray Ferreira	4th	Debbie Danner	13th	Betty Ann Almeida	30th
Patrick Foley	5th	Lise Xavier	14th		
Maureen Shea	6th	Deborah Rodrigues	14th		
Mary Simonetti	6th	Cheryl Engel	15th		
John Mellekas	8th	Judy Isabel	16th		
Margaret Schreiner	8th	Geraldine Lindo	17th		
Kathleen Quinley	9th	Steve Fisher	19th		
Francis Ouellette	9th	Leona Cabral	20th		
Alice Costa	9th	Donald Levesque	22nd		
Keith Fieldhouse	9th	Claudette Smith	22nd		
Penny Barnes	10th	Theresa Burke	24th		



PLAN AHEAD:

Rosalie Retires-Sept. 10th

Halloween Party-October 29th

Christmas Party-December 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER MENU	\$3.00 suggested donation per lunch	1 Minestrone Soup Italian Sausage w/ Mustard Roasted Peppers and Onions Seasoned Pasta Pudding; Dinner roll Italian Sausage on roll w/ mustard	2 Beef Barley Soup Roast Chicken w/ Gravy Stuffing Mixed Vegetable Sliced Peaches Wheat Bread Chicken and Cheese on wheat w/ mayo	3 Clear Chowder Country Crisp Fish w/ tartar sauce Red Bliss Mashed Potato 3-Bean Salad Rye Bread; Cookie Fish Sandwich on Rye w/ Tartar sauce
6 CLOSED LABOR DAY	7 Split Pea Soup Corned Beef w/Mustard Boiled seasoned Potato Carrot and Cabbage Blend Fresh Peach Marble bread Corned beef on Marble w/ mustard	8 Onion Soup Pub Burger w/Mushroom Gravy Whipped Potato Tomato Half Yogurt Wheat dinner roll Pub Burger on roll w/ mustard	9 Chicken Soup Meatballs w/Tomato Sauce Seasoned Tortellini Roasted Peppers Fruit Cup Sliced Italian Meatball sandwich on grinder roll	10 Tomato Soup Tuna Salad Pasta Salad Carrot Slaw Lorna Doone cookie Multi grain bread Tuna Salad on Multi Grain
13 Venus Di Milo Soup Italian Style Chicken Cutlet Mashed Potato Mixed Vegetable Granola Bar Italian bread Chicken Culet on Italian w/ mayo	14 Lentil Soup Baked Ham w/Pineapple Slice Sweet Potato Sliced Carrots Pudding Rye Bread Ham and Cheese on Rye w/ mustard	15 Barley Soup Meatloaf w/ Gravy Rice Pilaf Green Beans Fruit Wheat Bread Meatloaf w/ ketchup on wheat	16 Red Chowder Beer Battered Fish w/ tartar sauce Biscuit Vegetable Salad Brownie Multi Grain bread Fish Sandwich on Multi Grain / Tartar	17 Escarole and Bean Soup Roasted Turkey w/Gravy Stuffing Scandinavian Blend Vegetable Oatmeal Bread Fresh Fruit Turkey on Oatmeal w/mayo
20 Vegetable Soup Pot Roast w/ gravy Garlic Mashed Baby Whole Carrots Fruited Jello Dinner Roll Pot Roast on Roll w/ ketchup	21 Chicken Noodle soup Grilled Chicken Breast Wild Rice Roasted Brussel Sprouts Fig Bar Wheat Bread Grilled chicken on Wheat w/ mayo	22 Split Pea Soup Knockwurst w/ mustard Boiled Potato Carrot & Cabbage Medley Pudding Rye Bread Knockwurst w/mustard on roll	23 Italian Wedding Soup Veal Parmesan w/ Sauce Seasoned Pasta Italian Vegetables Graham Snack; Roll Veal Parmesan on a Bulky roll	24 Chili Soup Low Sodium Hot Dog w/ mustard Baked Beans Corn Bread Mixed Fruit Low Sodium Hot Dog on roll w/ mustard
27 Beef Vegetable Soup Roasted Bone in Chicken Breast Oven Roasted Potato Broccoli Cuts; Jello Marble Bread Marinated Chicken on Marble	28 Onion Soup BBQ Pulled Pork Cornbread Cole Slaw Cookies Dinner Roll BBQ Pulled Pork on a Roll	29 Chicken Gumbo Soup Salisbury Steak w/ Gravy Buttered Noodles Capri Blend Vegetables Fresh Fruit Multi Grain Bread Salisbury Steak on Multi Grain	30 Low Sodium V-8 Juice Roast Beef w/ gravy Mashed Potato Mixed Vegetable Pudding Wheat bread Roast Beef on Wheat w/ mayo	Please call 401-625-6790 as least 24 hours in advance to order.